

ICEM 2026

SCIENTIFIC PROGRAMME

17-19 SEPTEMBER 2026

UNINT UNIVERSITY, ROME, ITALY

PROGRAMME AT A GLANCE

Hour	17 September	18 September	19 September
08:00 – 08:30		Morning Meditation	Morning Meditation
08:30 – 09:00			
09:00 – 09:30		Keynote speaker: Christine Wamsler	Keynote speaker: Stephane Labranche
09:30 – 10:00			
10:00 – 10:30	Pre-conference workshop Cultivating environmental mindfulness (Room A) Mindtrek: an experiential workshop (Room b) Maranasati (Mindfulness of Death) (Room C)	Sponsor Exhibition	BAMBA invited talk
10:30 – 11:00		Coffee break	Coffee break
11:00 – 11:30		Parallel sessions 2 Creating mindful environments (Room A) Digital environmental mindfulness (Room B)	Parallel sessions 4 Mindfulness and PEBs (Room A) Mindfulness and wellbeing (Room B)
11:30 – 12:00			
12:00 – 12:30			
12:30 – 13:00			
13:00 – 13:30		Lunch	Lunch
13:30 – 14:00			
14:00 – 14:30	Inaugural ceremony and greetings	Keynote speaker: Marino Bonaiuto	Parallel sessions 5 Sound and awareness (Room A) Nature-based mindfulness intervention (Room B)
14:30 – 15:00			
15:00 – 15:30	Keynote speaker: David Loy	Parallel sessions 3 Mindfulness, Compassion, and Ecology (Room A) Forest bathing and nature contemplation (Room B)	Tea break
15:30 – 16:00			
16:00 – 16:30	Parallel sessions 1 Environmental awareness (Room A) Climate change resilience (Room B)		Parallel sessions 6 Sustainable development (Room A) Philosophical perspectives (Room B)
16:30 – 17:00			
17:00 – 17:30		Tea break + poster session	
17:30 – 18:00			Closing ceremony
18:00 – 18:30		Invited speaker: Dario Doshin Girolami	
18:30 – 19:00	Welcome event		
19:00 – 19:30			
19:30 – 20:00		Social dinner	

Day 1 – September 17

Time	Room A	Room B
9:00 – 14:00	Arrival / Registration	
10:00 – 13:00	Pre-conference Workshops	
13:00 – 14:00	Lunch	
14:00 – 15:00	Inaugural Ceremony and Greetings	
15:00 – 16:00	Keynote 1 – David Loy: “The Path of Eco-Mindfulness”	
16:00 – 17:30	Room A: Environmental awareness	Room B: Climate change resilience
18:00 – 21:00	Welcome Reception (buffet + music)	

Pre-conference Workshops – 10:00–13:00

- **Cultivating Environmental Mindfulness: Mindfulness, Loving-Kindness, and Dialogical Inquiry** – Mirjam Hartkamp & Antonino Raffone
- **Mindtrek: Nature as Contemplative Mirror – An Experiential Workshop** – Guido Freddi
- **Maranasati (Mindfulness of Death)** – Silvia Careli López-Falfán

Parallel Sessions 1 – 16:00–17:30

Environmental awareness (Room A)

- **Deconstructing environmental awareness towards mindfulness** – Serena C. Colombo, Antonino Raffone, Luca Simione
- **From Environmental Awareness to Adaptive Engagement: Addressing Despairalysis** – Maya Frost
- **Environmental Awareness through Human-Animal Co-Emergence** – Roberto Ferrari

Climate change resilience (Room B)

- **Psychosocial Climate Resilience for University students – a controlled trial** – Jyoti Mishra, Philippe Goldin, Elissa Epel
- **Climate Anxiety and Eco-Emotions in South Asian Youth: Toward Culturally Grounded Mindfulness** – Muskan Lamba
- **Environmental Mindfulness as Contemplative Ecology: Attuning to Ecological Loss** – Evanne Nowak

Day 2 – September 18

Time	Room A	Room B
8:00 – 9:00	Morning meditation	
9:00 – 10:00	Keynote 2 – Christine Wamsler: “The mindfulness-sustainability nexus”	
10:00 – 10:30	Sponsor exhibition	
10:30 – 11:00	Coffee break	
11:00 – 13:00	Room A: Creating mindful environments	Room B: Digital environmental mindfulness
13:00 – 14:00	Lunch	
14:00 – 15:00	Keynote 3 – Marino Bonaiuto “Environmental psychology: future directions”	
15:00 – 17:00	Room A: Mindfulness, Compassion, and Ecology	Room B: Forest bathing and nature contemplation
17:00 – 18:00	Tea break + Poster session	
18:00 – 19:00	Invited talk – Dario Doshin Girolami	
20:00-22:00	Social dinner	

Parallel Sessions 2 – 11:00-13:00

Creating mindful environments (Room A)

- **A Neuroecological Framework for Environmental Mindfulness: beyond the Self** – Tal Dotan Ben-Soussan, Patrizio Paoletti
- **The Electrophysiology of Mindful Movement: Investigating Neural Dynamics During practice** – Caterina La Porta, Leonardo Lamas, Ludovica Ortame, Lucia Barbero, Michele Pellegrino, Tal Dotan Ben-Soussan
- **Beyond the Self: Psychedelic Experiences are Associated with Greater Nature and Transcendent Connectedness** – Kevin Rozario, David Lukas Rieker, Jörg Wendorff, Ana-Sophia Schwind, Aletta Bonn
- **Meditating Beyond Denial: Self-Dissolution, Mortality Acceptance, and Environmental Concern** – Yair Dor-Ziderman, Jonathan David, Aviva Berkovich-Ohana

Digital environmental mindfulness (Room B)

- **Inner Sustainability Through AI Reflection: Ecological Imagery in Mindfulness Self-Inquiry** – Roni Gez-Langerman
- **Digital Dharma and the Ecology of Contemplative Attention** – Alvenio G. Mozol
- **Psychophysiological and Neurocognitive Assessment of Urban Street Environments Using VR and EEG** – Shynu RV, Nesin Mathew, Anitha Suseelan
- **Building Awe Beyond the Screen: Designing a Digital Companion for Nature-Based Mental Health** – Minette Lee Mangahas

Parallel Sessions 3 – 15:00-17:00

Mindfulness, Compassion, and Ecology (Room A)

- **Cultivating Sustainability Competencies through Contemplative Pedagogy** – Kukka-Maaria Vuorikoski
- **Embodied Mindfulness in Primary School: Attention and Classroom Ecology** – Emiliane Rubat du Mérac, Sara Proietti, Maria Chiara Gallotta

- **Co-designing a Mindfulness-Based Intervention for Youth with Eco-distress** – Anne Maj van der Velden
- **Cultivation of loving-kindness (mettā) as a path to experiential insight into the interconnectedness of the natural world: A case study** – Tamara Ditrich

Forest bathing and nature contemplation (Room B)

- **The Garden and the Gardener: Interbeing as the missing ground of environmental mindfulness** – Dries Elsen
- **Connecting with Nature: Mindfulness and Forest Bathing for Well-Being and Environmental Care** – Sara Pompili, Giulia Zucca, Antonino Raffone, Oriana Mosca
- **Immersed in Nature: Forest Bathing and Mindful Photography for Psychological Well-Being** – Oriana Mosca, Giulia Zucca, Ferdinando Fornara, Claudia Corrias
- **Mindtrek: Nature as Contemplative Mirror** – Guido Freddi, Claudia Maggiore, Cristina Rossi, Maria Gabriella Buzzi, Mara D'Onofrio, Lucrezia Bizzarri, Alessandro Giannandrea

Day 3 – September 19

Time	Room A	Room B
8:00 – 9:00	Morning meditation	
9:00 – 10:00	Keynote 4 – Stephane Labranche: “Nature, mindfulness and automatic thinking”	
10:00 – 10:30	Invited talk – BAMBA: The British Association of Mindfulness-Based Approaches	
10:30 – 11:00	Coffee break	
11:00 – 13:00	Room A: Mindfulness and PEBs	Room B: Mindfulness and wellbeing
13:00 – 14:00	Lunch	
14:00 – 15:30	Room A: Sound and awareness	Room B: Nature-based mindfulness intervention
15:30 – 16:00	Tea break	
16:00 – 17:30	Room A: Sustainable development	Room B: Philosophical perspectives
17:30 – 18:00	Closing ceremony	

Parallel Sessions 4 – 11:00-13:00

Mindfulness and PEBs (Room A)

- **Mindful and Informed: Promoting Sustainable Mediterranean Diets** – Valentina Carfora, Luca Simone
- **Eco-Mindful-Net: a nature & mindfulness-based intervention for the promotion of sustainable eating** – Cristina Mori, Elena Tomba
- **Mindfulness and constructive behaviour: Perspectives from experienced mindfulness practitioners** – Anton Skolzkov, Andreas Voldstad, Alan Maddock, Paul D'Alton
- **Social Sculpture, Mindfulness, and the Aesthetic Practice of Collective Inquiry** – Matthew Rich-Tolsma

Mindfulness and wellbeing (Room B)

- **The effects of compassion meditation on self-other representation** – Riccardo De Pastina, Salvatore Gaetano Chiarella, Shaun Gallagher, Antonino Raffone, Luca Simone
- **Mindfulness and Digital Life Balance: Exploring Pathways to Technological Harmony** – Mirko Duradoni, Elisa Secci, Giulia Valdrighi
- **From evidence to practice: Nature-Based Mindfulness for healthcare workers in a One Health framework** – Costanza Vecchio, Chiara Copat, Fiore Maria, Margherita Ferrante, Gea Oliveri Conti
- **Understanding the Role of Local Stakeholders in Sustainable Amazigh Cultural Tourism Development** – Maryam Akrarai

Parallel Sessions 5 – 14:00-15:30

Sound and awareness (Room A)

- **Soundwalking: exploring the restorative potential of soundwalking through Citizen Science** – Oriana Mosca, Giulia Zucca, Loris Ferreri, Ferdinando Fornara
- **Fragments of Extinction – The sound heritage of primary ecosystems and its healing potential** – David Monacchi

- **Vibration, Sentience, and Consciousness: Between Ancestral Knowledge, New Narratives, and the Boundaries of Life** – Silvia Careli López-Falfán, Blanca Estela Gutiérrez Barba, Laura Arreola Mendoza, Oresta López Pérez, Martha Eugenia Villavicencio Enríquez, Gabriela Adriana Munguía Uribe

Nature-based mindfulness intervention (Room B)

- **The role of mindfulness in nature-based therapies: Tracking psychological states in a factorial RCT** – Freddie Lymeus, Nicole Spiegelaar
- **Mindful attention in nature-based therapies: the role of activities, setting and people** – Nicole Spiegelaar, Freddie Lymeus, Honour Stahl
- **Nature-specific mindfulness as a driver of restoration outcomes from walking activities** – Lea Barbett, Anette Rohmann

Parallel Sessions 6 – 16:00–17:30

Sustainable Development: Interventions & Tools (Room A)

- **The Mindfulness-Based Sustainable Living Program: Emotion Regulation as an Outcome and a Mechanism?** – Susanne Krämer, Elisabeth S. Blanke, Laura S. Loy, Cornelia Wieck, Emma Walden, Christian Liebmann, Ute Kunzmann
- **Inner Development to Sustainable Development: Nature-Based Mindfulness in Leadership Development** – Jessica Nicholson, Elizabeth Kurucz, Linda Kantor, Daniela Senkl, Zahra Bhojani
- **Human-Nature Interdependence: A Tool for the Perceived Nature Fulfills and Own Effect on Nature** – Marina Baroni, Martina Bellotti, Mirko Duradoni

Philosophical Perspectives on Mindfulness (Room B)

- **Mindfulness for whom, mindfulness for what? A dialogue with psychoanalysis** – Valeria Tolis
- **Attending to Impressions: Stoic Mindfulness and the Consumption Problem** – Johannes Karl

Poster session

- **Measuring Air Quality Awareness in the UK. Development of the Swansea Air Quality Literacy Scale** – *Kori Sunter*
- **Urban Waterscape Structure, Aesthetic Preference, and Restorative Experience** – *Kseniia Zakharova*
- **Doing yoga to feel connected: Investigating yoga practice motives and their relationship to PEB** – *Alisa Scheuermann, Nadine Richter, Laura Loy, Leonie Spang*
- **Urban Blue–Green Space Exposure and Pro-Environmental Intentions: Evidence from Beijing** – *Yixuan Gao*
- **Beyond the Square: Exploring Expanded Environments through Movement Meditation** – *Ludovica Ortame, Leonardo Lamas, Lucia Barbero, Tal Dotan Ben-Soussan*
- **The body as an electromagnetic ecosystem: Neuropsychophysiological pilot study on Egyptian cylinders** – *Lucia Barbero, Ludovica Ortame, Leonardo Lamas, Valerio Santangelo, Tal Dotan Ben-Soussan*